

Statistics Report 09326, Watermelon, raw

Report Date: October 09, 2015 16:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 2 3 4 12 14 21	g	91.45	--	0.316	90.1	92.42	5.0	90.636	92.263	6	Analytical or derived from analytical	--	03/2003
Energy	kcal	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	127	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 2 4 12	g	0.61	--	0.041	0.4	0.84	2.0	0.434	0.784	3	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 2 4 12	g	0.15	--	0.037	0.05	0.27	2.0	-0.012	0.307	3	Analytical or derived from analytical	--	04/2003
Ash 2 4 12	g	0.25	--	0.038	0.1	0.37	2.0	0.083	0.411	3	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	7.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 2 3 4 21	g	0.4	--	0.051	0.4	0.7	3.0	0.274	0.595	4	Analytical or derived from analytical	--	03/2003
Sugars, total 3 4 12	g	6.20	--	0.143	5.74	6.59	2.0	5.587	6.82	3	Analytical or derived from analytical	--	03/2003

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Sucrose 3 4 12	g	1.21	--	0.859	0.11	2.87	2.0	-2.53	4.858	3	Analytical or derived from analytical		-- 04/2006
Glucose (dextrose) 3 4 12	g	1.58	--	0.433	0.67	2.13	2.0	-0.342	3.38	3	Analytical or derived from analytical		-- 04/2006
Fructose 3 4 12	g	3.36	--	0.322	2.72	4	2.0	1.853	4.627	3	Analytical or derived from analytical		-- 04/2006
Lactose 3 4 12	g	0.00	--	0.000	0	0	--	--	--	3	Analytical or derived from analytical		-- 04/2006
Maltose 3 4 12	g	0.06	--	0.043	0	0.14	2.0	-0.129	0.243	3	Analytical or derived from analytical		-- 04/2006
Galactose 4 12	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 04/2006
Starch 4	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical		-- 03/2003
Minerals													
Calcium, Ca 1 2 4 5 6 7 8 9 10 11 15 16 18	mg	7	--	0.322	4	14	12.0	6.181	7.586	13	Analytical or derived from analytical		-- 03/2003
Iron, Fe 1 2 4 5 6 7 8 9 10 11 12 15 16 18	mg	0.24	--	0.015	0.08	0.55	13.0	0.204	0.267	14	Analytical or derived from analytical		-- 03/2003
Magnesium, Mg 1 2 4 5 6 7 8 9 10 11 12 15 16 18	mg	10	--	0.356	5	12	13.0	9.102	10.638	14	Analytical or derived from analytical		-- 03/2003

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Phosphorus, P 1 2 4 5 6 7 8 9 10 11 15 16 18	mg	11	--	0.506	5	19	12.0	10.323	12.529	13	Analytical or derived from analytical		-- 03/2003
Potassium, K 1 2 4 5 6 7 8 9 10 11 12 15 16 18	mg	112	--	3.178	58	191	13.0	105.521	119.252	14	Analytical or derived from analytical		-- 05/2003
Sodium, Na 1 2 5 6 7 8 9 10 11 12 15 16 18	mg	1	--	0.160	0	5	12.0	1.062	1.761	13	Analytical or derived from analytical		-- 05/2003
Zinc, Zn 1 2 4 5 6 7 8 9 10 11 12 15 16 18	mg	0.10	--	0.023	0.04	0.63	13.0	0.052	0.153	14	Analytical or derived from analytical		-- 03/2003
Copper, Cu 1 2 4 5 6 7 8 9 10 11 15 16 18	mg	0.042	--	0.008	0.01	0.17	12.0	0.024	0.06	13	Analytical or derived from analytical		-- 03/2003
Manganese, Mn 1 2 4 5 6 7 8 9 10 11 12 15 16 18	mg	0.038	--	0.002	0	0.08	13.0	0.033	0.042	14	Analytical or derived from analytical		-- 03/2003
Selenium, Se 12	µg	0.4	--	--	0	0.7	1.0	--	--	1	Analytical or derived from analytical		-- 03/2003
Fluoride, F 19 23	µg	1.5	--	0.328	1	2.1	2.0	0.054	2.879	2	Analytical or derived from analytical		-- 04/2006
Vitamins													
Vitamin C, total ascorbic acid 2 4	mg	8.1	--	2.425	5.3	14.7	1.0	-22.71	38.909	2	Analytical or derived from analytical		-- 03/2003
Thiamin 2 4 12	mg	0.033	--	0.003	0.02	0.05	2.0	0.021	0.045	3	Analytical or derived from analytical		-- 03/2003

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Riboflavin 2 4 12	mg	0.021	--	0.007	0.01	0.04	2.0	-0.01	0.052	3	Analytical or derived from analytical	--	03/2003
Niacin 2 4 12	mg	0.178	--	0.008	0.11	0.21	2.0	0.142	0.215	3	Analytical or derived from analytical	--	03/2003
Pantothenic acid 2 4 12	mg	0.221	--	0.014	0.15	0.33	2.0	0.161	0.281	3	Analytical or derived from analytical	--	03/2003
Vitamin B-6 2 4 12	mg	0.045	--	0.009	0.03	0.06	2.0	0.004	0.086	3	Analytical or derived from analytical	--	03/2003
Folate, total 12	μg	3	--	0.251	2	3	2.0	1.488	3.652	1	Analytical or derived from analytical	--	03/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	3	--	0.251	2	3	2.0	1.488	3.652	1	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total 4	mg	4.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 4	mg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE 4 12	µg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2 4 12 13 17	µg	303	--	8.654	184	476	4.0	278.822	326.878	5	Analytical or derived from analytical	--	03/2003
Carotene, alpha 4 12 17	µg	0	--	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta 4 12 13 17	µg	78	--	77.500	0	310	3.0	-169.14	324.14	4	Analytical or derived from analytical	--	03/2003
Vitamin A, IU 2 4 12	IU	569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene 4 12 17 22	µg	4532	150	386.910	3,040	5,590	3.0	3300.378	5763.018	4	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin 4 12 17	µg	8	--	4.919	0	17	2.0	-12.997	29.33	3	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol) 4 12 14	mg	0.05	--	0.013	0.02	0.07	2.0	-0.005	0.103	3	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 4 12 14	mg	0.00	--	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 4 12 14	mg	0.00	--	0.003	0	0.02	2.0	-0.01	0.015	3	Analytical or derived from analytical		-- 03/2003
Tocopherol, delta 4 12 14	mg	0.00	--	0.005	0	0.04	2.0	-0.015	0.024	3	Analytical or derived from analytical		-- 03/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero		-- 11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero		-- 02/2009
Vitamin K (phylloquinone) 4 12 20	µg	0.1	--	0.060	0	0.3	2.0	-0.142	0.375	3	Analytical or derived from analytical		-- 03/2003
Lipids													
Fatty acids, total saturated	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
10:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
16:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
18:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
Fatty acids, total monounsaturated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed		-- 04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total polyunsaturated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
(+)-Catechin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ²⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{24 25 26}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{24 25 26 27}	mg	0.5	--	0.46	0	1.84	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{25 26 27 28}	mg	0.4	--	0.45	0	1.8	--	--	--	--	--	--	--
Myricetin ^{24 25 26 27 28}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{24 25 26 27 28}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{29 30 31}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Genistein ^{29 30 31}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Glycitein ³¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{29 30 31}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin monomers ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin dimers ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ³²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993²Produce Marketing Association (PMA) Nutrient Content of Watermelon, 1989³Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4e, 2001 Beltsville MD⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

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